

Centella asiatica (L.) Urban

Synonym: *Hydrocotyle asiatica* L.

Family: Apiaceae

Ayurvedic Name: Mandookparni

Hindi Name: Brahmi

Trade Name: Brahmi

Habit: Herb

Part Used: Whole Plant, Leaves

Active Ingredient: β -Pinene, β -Carotene, β -Sitosterol, Camphor, Campesterol



Biological activity: Memory Enhancer, Adaptogenic, Aphordisiac, Immunity Booster, Anti anxiety, Antiastmatic, Antibacterial, Anticancer, Anticonvulsant, Antidiabetic, Antidysenteric, Antioxidant, Antipyretic, Antiseptic, Antistress, Antiulcer, Detoxicant, Digestive, Diuretic etc.

Traditional and Therapeutic use: The whole plant has therapeutic values. It is used as nervine tonic, memory enhancer and in mental disorders. It is anti-leprosy, diuretic, stomachic and used in insomnia, asthma, abdominal disorders and fever. Decoction of the plant is given in the treatment of leprosy.

Morphological and floral characteristics: The plant is a small trailing herb. It is the only species of *Centella* found in India. Stem is glabrous, pink striated and rooting at nodes. Leaves are fleshy, orbicular to reniform and dentate. Petiole is long, smooth on upper surface and hairy below.

Distribution: The plant occurs in marshy places throughout tropical and subtropical regions.

Climate and Soil: Plant naturally grows over moist, fertile, loose, sandy loam and clayey soil.

Main field plantation

Land preparation: The field should be prepared well by giving one ploughing and two harrowing's.

Transplanting and optimum spacing: The planting can be done in February-March at a spacing of 45 x 45 cm.

Fertilizers: Manure (FYM) at the rate of 20 t/ha should be mixed thoroughly with the soil at the time of field preparation. NPK fertilizers @ 100:50:50 kg/ha in 4 split doses are given.

Weed control: There is a profuse growth of weeds in the beds; hence it requires continuous hoeing and weeding.

Irrigation: During dry months weekly irrigation is needed and needs drainage during rainy season. During monsoon months, it is essential to prevent water logging in the beds.

Diseases and pest control: No disease, pests or any other physiological disorder was observed in the experimental plantation.

Crop maturity and harvesting: The crop matures in 90 days period after planting. It is harvested through hand-cutting at fully grown leaf stage. The leaves are harvested in sunny weather to facilitate drying.

Post-harvest management: Unwanted material is sorted out from the crop before the harvested material is dried in shade.

Yield: 10 – 12 MT per hectare per year yield is obtained by 3 harvests in a year. After second year, the yield begins to decline, needing fresh planting.